

# DINNERLY



## Feed A Crowd: Chicken Tagine

Same Meal Price, More Servings!



35 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



## WHAT WE SEND

- 2 zucchini
- 1 onion
- free-range chicken thigh fillets
- 20g kofta seasoning <sup>17</sup>
- 2 x 200g tomato passata
- 300g couscous <sup>1</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tbs tomato paste
- 1 tbs honey
- 400ml boiling water

## TOOLS

- large deep frypan with lid
- slotted spoon

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 540kcal, Fat 15.2g, Carbs 71.8g, Proteins 26.1g



### 1. Prep ingredients

Halve the **zucchini** widthwise, then cut into thin wedges. Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Cut the **chicken** into 3cm chunks. Put the chicken and **1 tbs kofta seasoning** in a bowl, season with **salt and pepper** and toss to coat.



### 2. Brown chicken

Heat **1 tbs olive oil** in a large deep frypan over medium-high heat. Cook the **chicken**, stirring, for 2-3 mins until browned. Remove from the pan with a slotted spoon. Return the pan to medium heat. Add the **onion** and cook, stirring, for 3 mins or until softened. Add the **garlic** and **remaining kofta seasoning** and cook, stirring, for 30 secs or until fragrant.



### 3. Simmer tagine

Add the **passata**, **2 tbs tomato paste**, **1 tbs honey** and **250ml (1 cup) water** to the pan. Season with **salt and pepper**, then bring to the boil. Add the **chicken** and any resting juices and stir to combine, then arrange the **zucchini** on top. Reduce the heat to medium-low, cover and cook for 10-12 mins until the chicken is cooked through and the zucchini is tender.



### 4. Soak couscous

Meanwhile, put the **couscous** and **1 tbs olive oil** (see Feed A Crowd) in a large heatproof bowl, pour over **400ml boiling water** and cover with a plate. Stand for 5 mins or until the water is absorbed. Fluff with a fork. Season with **salt and pepper**.



### 5. Serve up

Remove the tagine from the heat. Taste, then season with **salt and pepper**. Divide the **couscous** and **chicken tagine** among plates and enjoy!



### 6. Feed A Crowd

Adding a little oil to the couscous when soaking adds flavour and helps separate the grains, making the couscous nice and light once you have fluffed it with a fork.